ORDERING REPLACEMENT PARTS

If you encounter any difficulties with this product, or if you need to order replacement parts, call the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

When ordering parts, please be prepared to give the following information:

- the MODEL NUMBER of the product (WEEVBE2295.0)
- the NAME of the product (WEIDER PRO 225 weight bench)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING in the center of this manual)

Part No. 227040 R0705A

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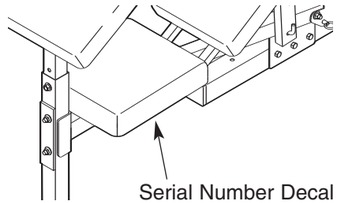
WEIDER® PRO 220

USER'S MANUAL

Model No. WEEVBE2295.0
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

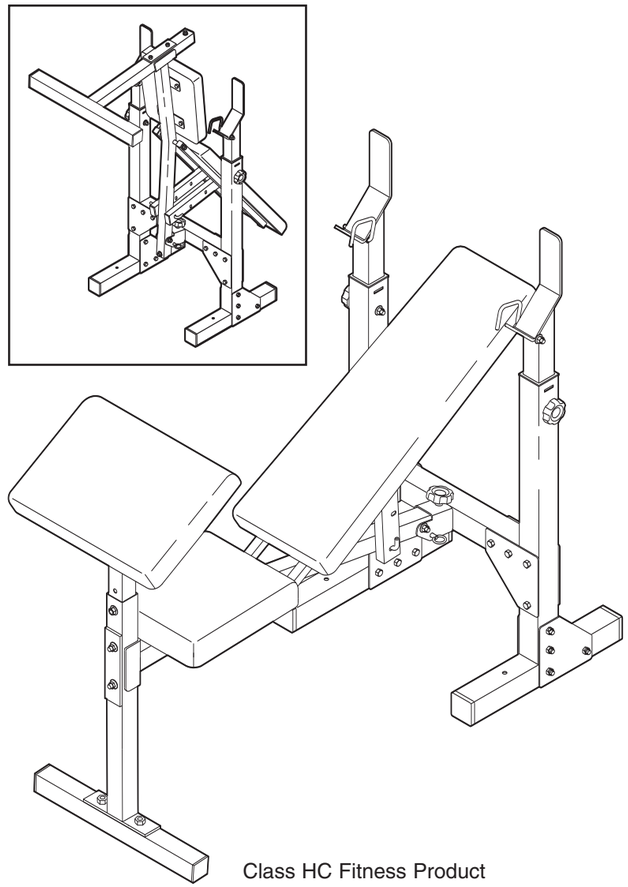
08457 089 009

Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Class HC Fitness Product

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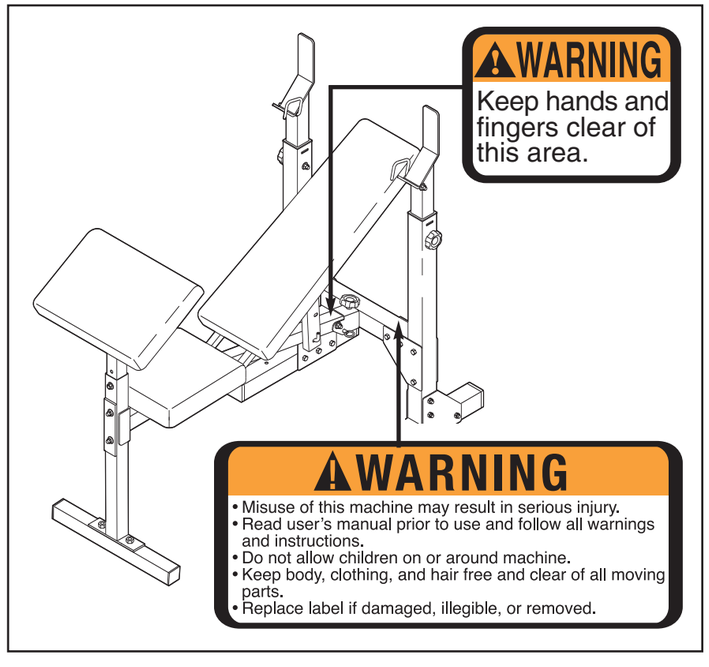
ORDERING REPLACEMENT PARTS . . . . . .Back Cover

Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

WARNING DECAL PLACEMENT

The decals shown here have been placed on the weight bench. If a decal is missing or illegible, please call our Customer Service Department at 08457 089 009 to order a free replacement decal. Apply the decal in the indicated location.


WARNING
Keep hands and fingers clear of this area.
WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Keep body, clothing, and hair free and clear of all moving parts.
• Replace label if damaged, illegible, or removed.

WEIDER is a registered trademark of ICON IP, Inc.

NOTES

MONDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

TUESDAY
Date:
____/____/____

AEROBIC EXERCISE

WEDNESDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

THURSDAY
Date:
____/____/____

AEROBIC EXERCISE

FRIDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual and all warnings on the weight bench before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use the weight bench.
5. Make sure that all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection whilst exercising.
9. Do not use a barbell that is longer than 1,5 m (5 ft.) with the weight bench.
10. The weight bench is designed to support a maximum user weight of 136 kg (300 lbs.). Do not place more than 95 kg (210 lbs.), including a barbell and weights, on the weight rests. Note: The weight bench does not include a barbell or weights.
11. Always make sure there is an equal amount of weight on each side of your barbell when you are using it. When adding or removing weights, always keep some weight on both ends of the barbell and prevent the barbell from tipping.
12. When you are changing weights, always secure the barbell with the barbell hooks to help prevent it from falling off the bench.
13. Always adjust the uprights to the same height before exercising.
14. When performing bench press exercises, always have a partner stand behind you to catch the barbell if you cannot complete a repetition.
15. When using the backrest in an inclined position, make sure that the adjustment pin is inserted completely through both adjustment tubes.
16. If you feel pain or dizziness whilst exercising, stop immediately and begin cooling down.

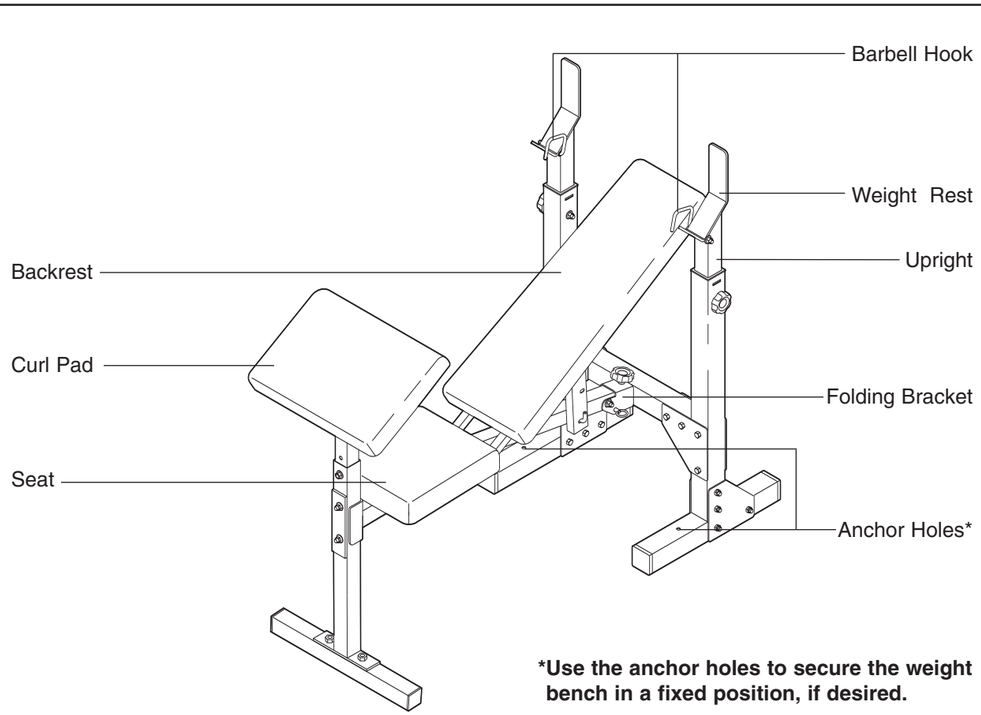
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the WEIDER® PRO 225 weight bench. The versatile weight bench is designed to be used with your own weight set (not included) to develop the major muscle groups of the upper body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have additional questions, please call our Customer Service Department at **08457 089 009.** To help us assist you, please mention the product model number and serial number when calling. The model number is WEEVBE2295.0. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

Before reading further, please look at the drawing below and familiarise yourself with the parts that are labeled.



***Use the anchor holes to secure the weight bench in a fixed position, if desired.**

MONDAY
Date:
___/___/___

EXERCISE	WEIGHT	SETS	REPS

TUESDAY
Date:
___/___/___

AEROBIC EXERCISE

WEDNESDAY
Date:
___/___/___

EXERCISE	WEIGHT	SETS	REPS

THURSDAY
Date:
___/___/___

AEROBIC EXERCISE

FRIDAY
Date:
___/___/___

EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

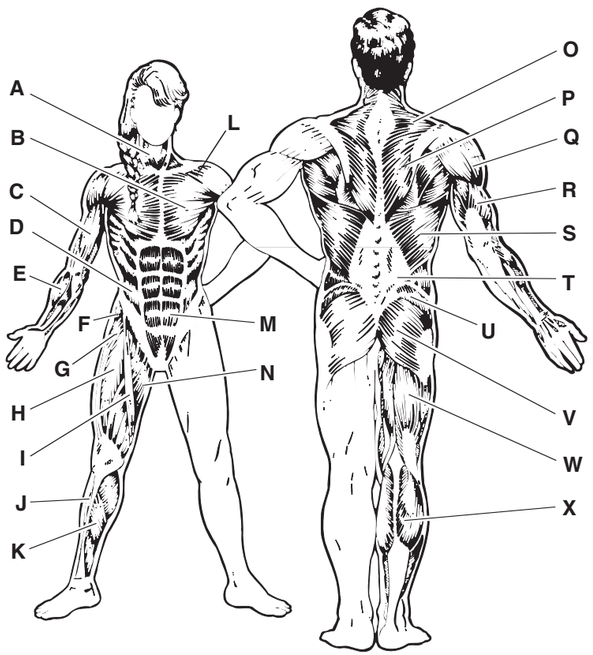
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on pages 13 and 14 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Anterior Deltoid (shoulder)
M. Rectus Abdominus (stomach)
N. Adductor (inner thigh)
O. Trapezius (upper back)
P. Rhomboideus (upper back)
Q. Posterior Deltoid (shoulder)
R. Triceps (back of arm)
S. Latissimus Dorsi (mid back)
T. Spinae Erectors (lower back)
U. Gluteus Medius (hip)
V. Gluteus Maximus (buttocks)
W. Hamstring (back of leg)
X. Gastrocnemius (back of calf)

ASSEMBLY

Make Things Easier for Yourself

This manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two persons.
- For help identifying small parts, use the **PART IDENTIFICATION CHART**.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

The following tools (not included) are required for assembly:

- **two adjustable spanners**
- **one rubber mallet**
- **one standard screwdriver**
- **one Phillips screwdriver**
- **lubricant, such as grease or petroleum jelly, and soapy water**

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end spanners, or a set of ratchet spanners.

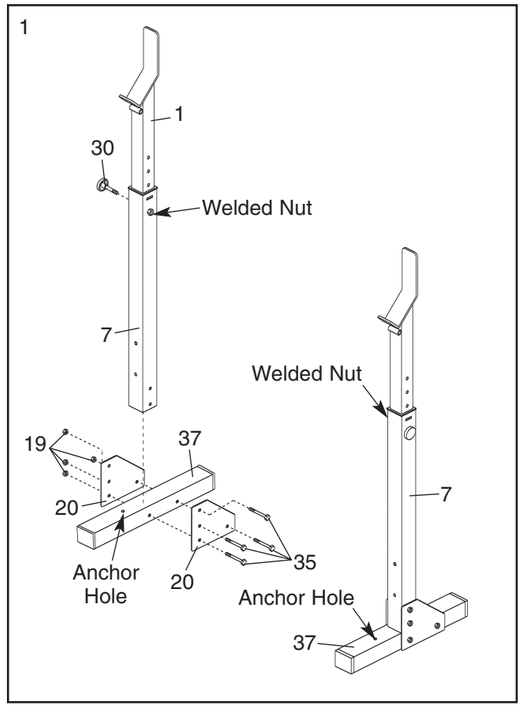
1. **Before assembling the weight bench, make sure that you read and understand the information in the box above.**

   Lift an Upright (1) and tighten an M10 x 65mm Adjustment Knob (30) into the Upright and Upright Base (7).

⚠WARNING: Do not insert the M10 x 65mm Adjustment Knob (30) through the rectangle hole in the Upright (1).

Orient the Upright Base (7) with the welded nut, and a Stabiliser (37) with the anchor hole, in the indicated location. Attach an Upright Base to the Stabiliser with four M10 x 80mm Bolts (35), two Joint Plates (20), and four M10 Nylon Locknuts (19). **Do not tighten the Locknuts yet.**

Assemble the other Upright Base (7) to the other Stabiliser (37) in the same manner.



2. Orient the Crossbar (3) as shown. Attach the Crossbar to the left Upright Base (7) with four M10 x 80mm Bolts (35), two Joint Plates (20), and four M10 Nylon Locknuts (19). **Do not tighten the Locknuts yet.**

   Attach the Crossbar to the right Upright Base (not shown) in the same manner.

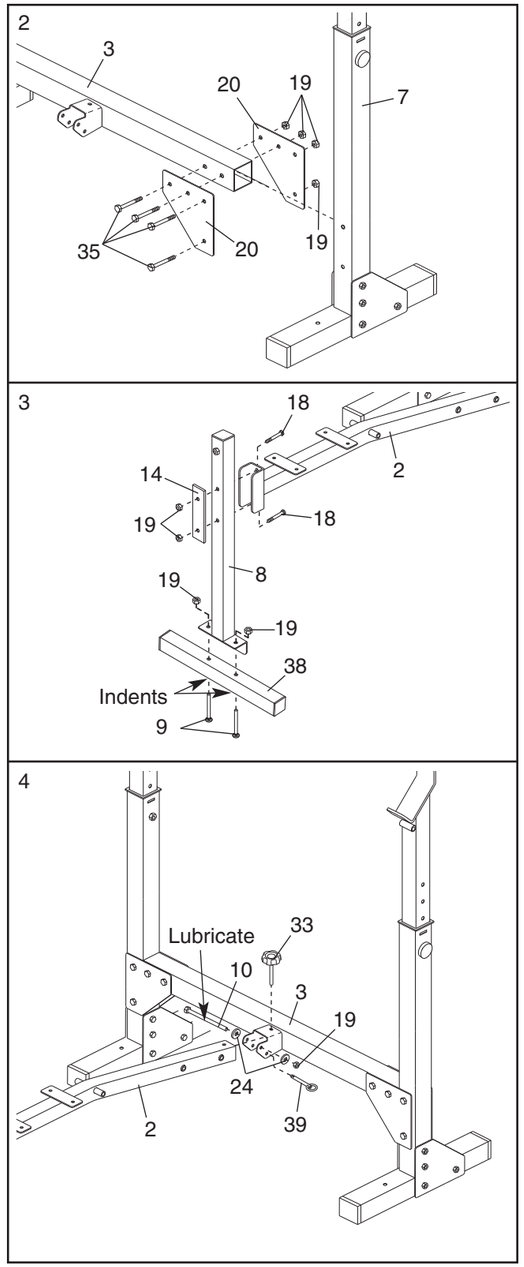
3. Orient the Front Leg Stabiliser (38) with the indents around the holes on the bottom. Attach the Front Leg Stabiliser to the Front Leg (8) with two M10 x 52mm Carriage Bolts (9) and two M10 Nylon Locknuts (19). **Do not tighten the Locknuts yet.**

   Attach the Front Leg (8) to the Bench Frame (2) with two M10 x 70mm Bolts (18), the Support Plate (14), and two M10 Nylon Locknuts (19). **Do not tighten the Locknuts yet.**

4. Lubricate an M10 x 75mm Bolt (10). Attach the Bench Frame (2) to the upper set of holes in the bracket on the Crossbar (3) with the Bolt, two M10 Washers (24), and an M10 Nylon Locknut (19). **Do not overtighten the Locknut; the Bench Frame must be able to pivot easily.**

   Insert the Ring Pin (39) into the lower set of holes in the bracket on the Crossbar (3). Tighten the M10 x 60mm Adjustment Knob (33) into the Crossbar and Bench Frame (2).

   Tighten the M10 Nylon Locknuts (19) used in steps 1–3.



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building
To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning
You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss
To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training
Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

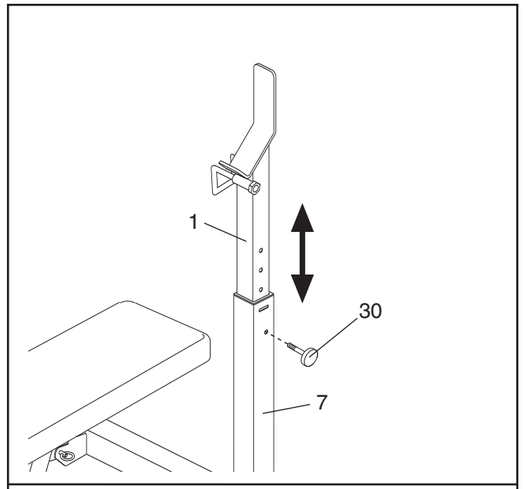
Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

ADJUSTING THE UPRIGHTS

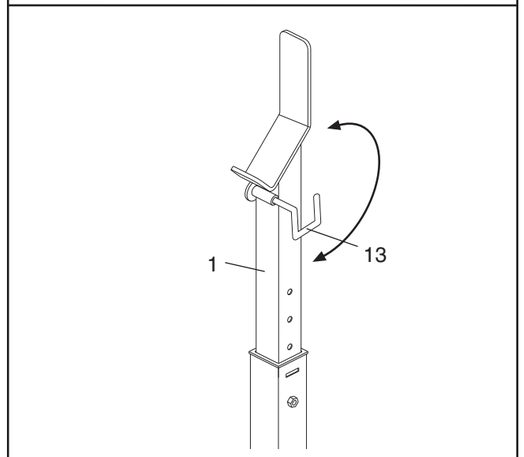
To adjust the Uprights (1), unscrew the M10 x 65mm Adjustment Knobs (30) and slide the Uprights to the desired position. Re-tighten the Adjustment Knobs into the Upright Bases (7) and the Uprights.

⚠WARNING: Always set both Uprights (1) at the same height. Make sure the M10 x 65mm Adjustment Knobs (30) are fully tightened into the Upright Bases (7) and the Uprights.



USING THE BARBELL HOOKS

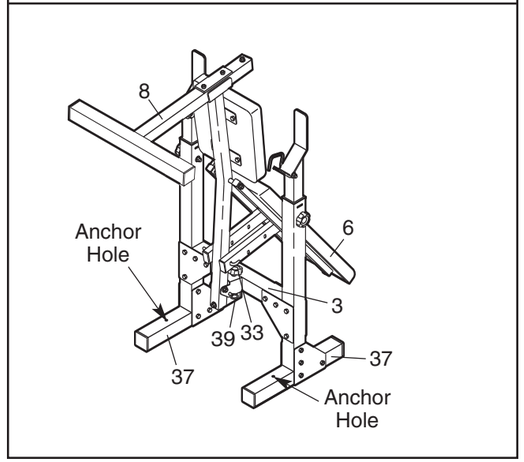
To change weights while your barbell (not included) is on the Uprights (1), secure the barbell with the Barbell Hooks (13, 21 [not shown]). To do this, rotate the Barbell Hooks over the barbell. This will reduce the possibility of the barbell tipping while you are changing weights.



STORING THE WEIGHT BENCH

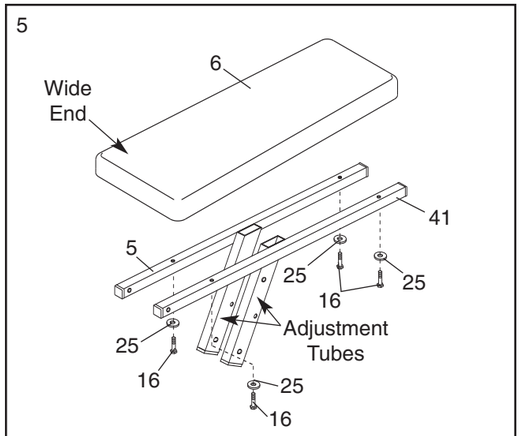
To store your weight bench, remove the M10 x 60mm Adjustment Knob (33) and the Ring Pin (39) from the Crossbar (3). Lift the Front Leg (8) as far as it will go. Reinsert the Ring Pin into the bracket on the Crossbar; the Ring Pin will prevent the bench from unfolding. **Note: The Backrest (6) must be adjusted to one of the incline positions (see ADJUSTING THE BACKREST, on page 9).**

⚠ CAUTION: To fold the weight bench, the anchor holes in the Stabilisers (37) must be at least 50 cm (20 in.) from the wall.



5. Identify the Right and Left Backrest Frames (5, 41) by the position of the adjustment tubes, and orient them as shown.

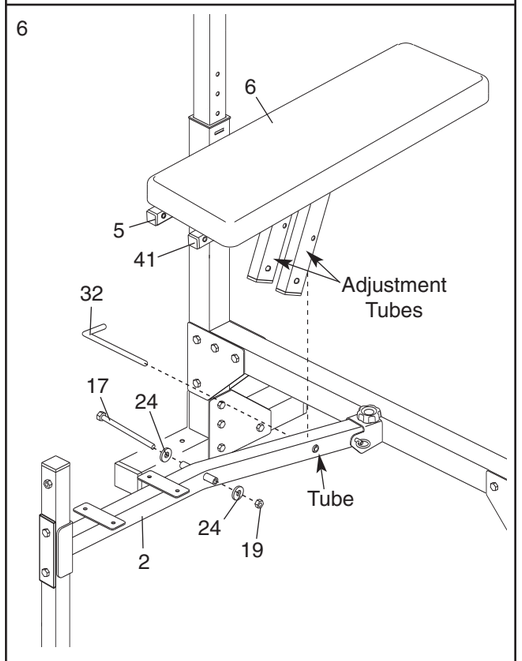
   Orient the Backrest (6) with the wide end on the side shown. Attach the Backrest to the Right and Left Backrest Frames (5, 41) with four M6 x 38mm Screws (16) and four M6 Washers (25). **Do not tighten the Screws yet.**



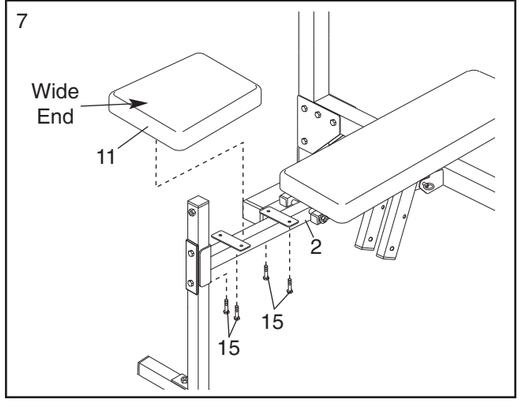
6. Lubricate the M10 x 175mm Bolt (17). Attach the Backrest Frames (5, 41) to the Bench Frame (2) with the Bolt, two M10 Washers (24), and an M10 Nylon Locknut (19). **Do not overtighten the Locknut; the Backrest (6) must be able to pivot easily.**

   Secure the Backrest (6) to the Bench Frame (2) by inserting the Adjustment Pin (32) through the tube in the Bench Frame and a set of holes in the adjustment tubes. **Make sure that the Adjustment Pin is completely inserted through both adjustment tubes.**

   Tighten the four M6 x 38mm Screws (16) used in step 5.

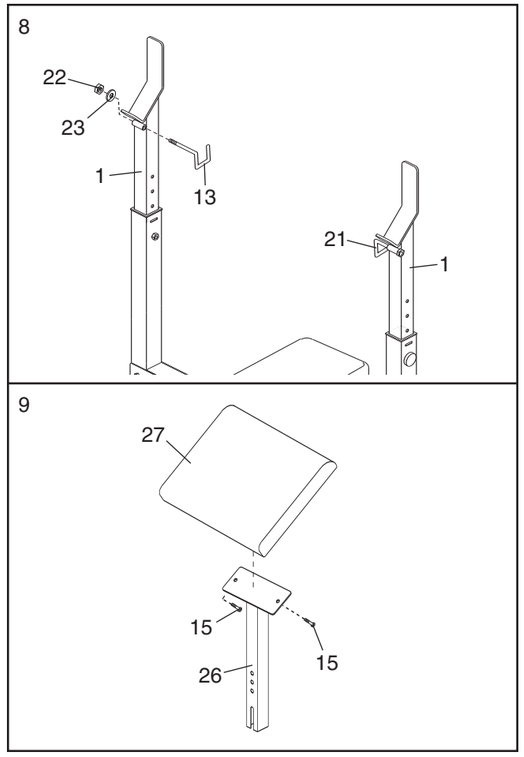


7. Orient the Seat (11) with the wide end on the side shown. Attach the Seat to the Bench Frame (2) with four M6 x 16mm Screws (15).



8. Orient the Right Barbell Hook (13) as shown. Attach the Right Barbell Hook to the indicated Upright (1) with an M8 Washer (23) and an M8 Nylon Locknut (22).

   Orient the Left Barbell Hook (21) as shown and attach it to the other Upright in the same manner.



9. Attach the Curl Pad (27) to the Curl Post (26) with two M6 x 16mm Screws (15).

10. **Make sure that all the bolts and nylon locknuts are properly tightened before you use the weight bench.** The use of all remaining parts will be explained in ADJUSTMENTS, starting on the following page.

ADJUSTMENTS

The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 11 for important exercise information and refer to the accompanying exercise guide to see the correct form for several exercises. Refer also to the exercise information accompanying your weight set for additional exercises.

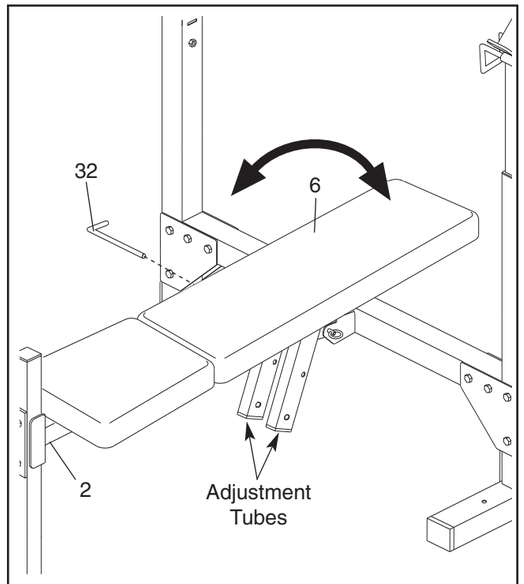
Make sure all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

The Backrest (6) can be used in a decline position, a flat position, or two incline positions. To use the Backrest in the decline position, remove the Adjustment Pin (32) and lay the Backrest on the M10 x 60mm Adjustment Knob (not shown).

To use the Backrest (6) in the flat or inclined position, lift the Backrest and insert the Adjustment Pin (32) through a set of holes in the adjustment tubes and the Bench Frame (2).

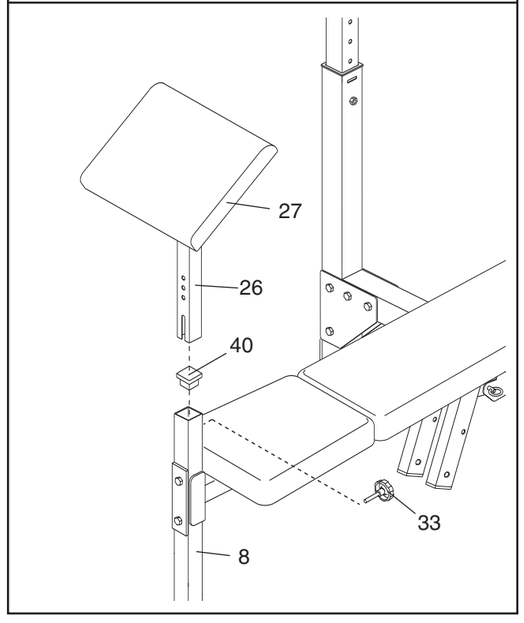
⚠ WARNING: When using the Backrest (6) in an incline or flat position, make sure that the Adjustment Pin (32) is inserted completely through both adjustment tubes and the Bench Frame (2).



ATTACHING THE CURL PAD

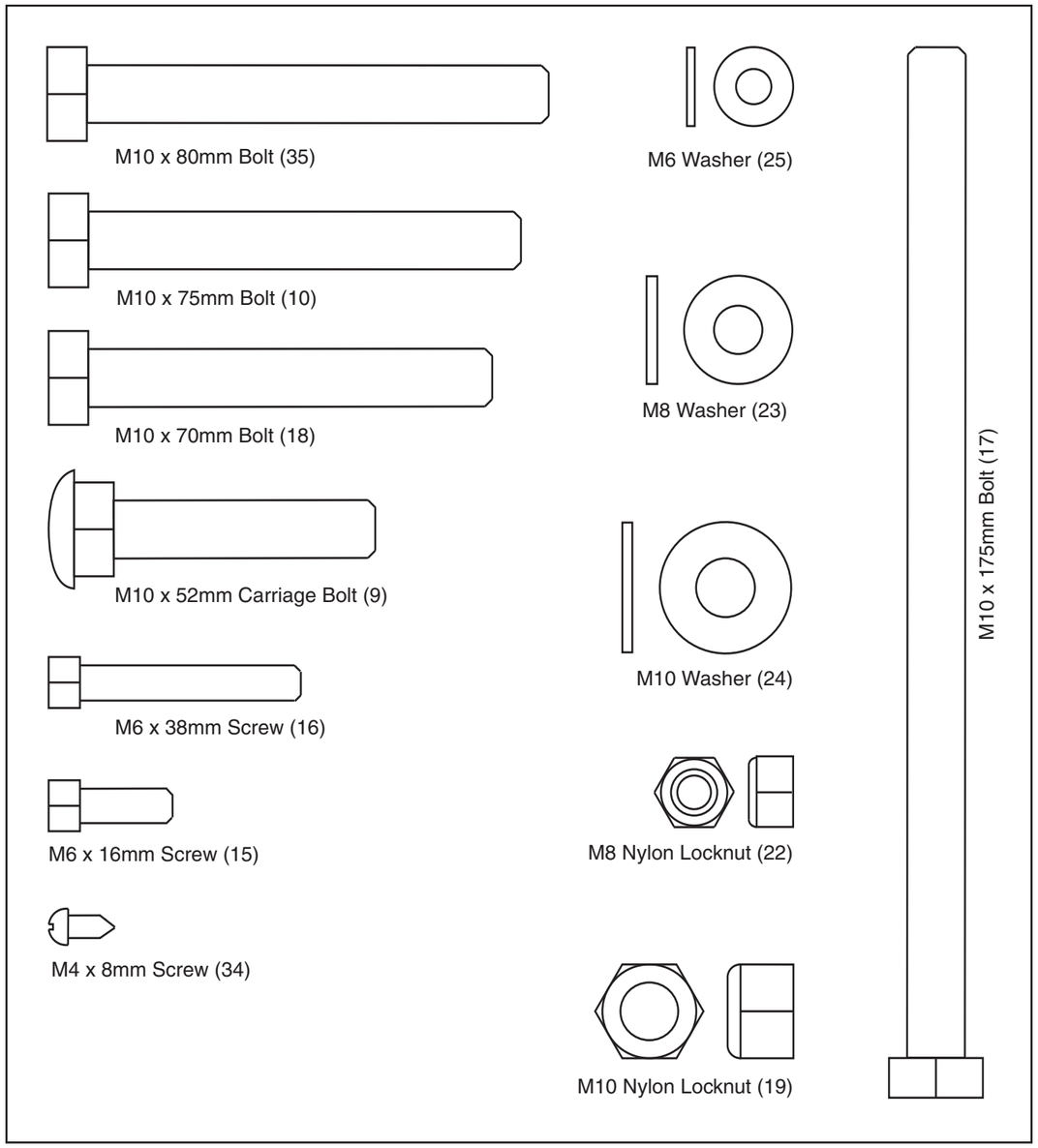
For some exercises, the Curl Pad (27) must be attached to the bench. Remove the 50mm Square Inner Cap (40) from the Front Leg (8). Insert the Curl Post (26) into the Front Leg. Tighten the M10 x 60mm Adjustment Knob (33) into the Front Leg and the Curl Post.

⚠ WARNING: When the Curl Pad (27) is not in use, replace the 50mm Square Inner Cap (40). Store the Curl Pad away from the bench so it will not interfere with other exercises.



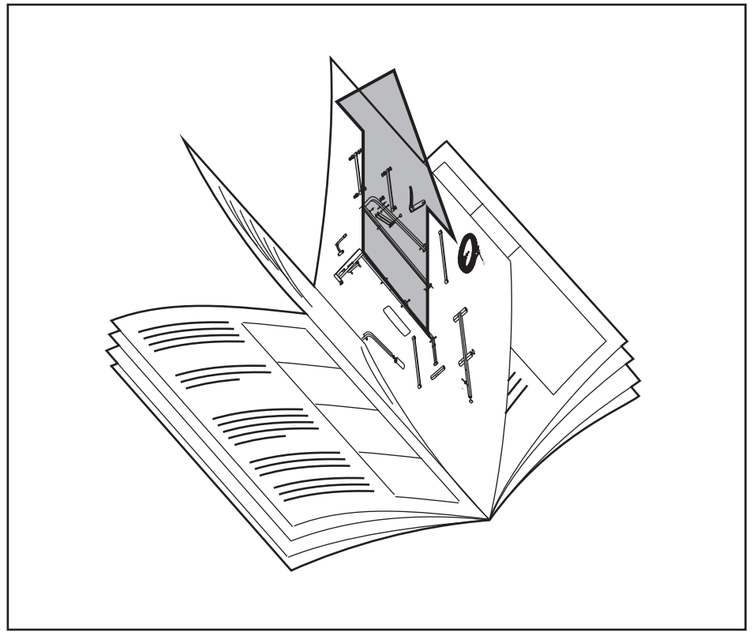
PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part, from the PART LIST in the center of this manual. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**


M10 x 80mm Bolt (35)
M10 x 75mm Bolt (10)
M10 x 70mm Bolt (18)
M10 x 52mm Carriage Bolt (9)
M6 x 38mm Screw (16)
M6 x 16mm Screw (15)
M4 x 8mm Screw (34)
M6 Washer (25)
M8 Washer (23)
M10 Washer (24)
M8 Nylon Locknut (22)
M10 Nylon Locknut (19)
M10 x 175mm Bolt (17)

MAKE ASSEMBLY EASIER. REMOVE AND USE THIS PART IDENTIFICATION CHART AND PART LIST/EXPLODED DRAWING DURING ASSEMBLY.

SAVE THIS PART IDENTIFICATION CHART
PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE



PART LIST—Model No. WEEVBE2295.0

R0705A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	23	2	M8 Washer
2	1	Bench Frame	24	4	M10 Washer
3	1	Crossbar	25	4	M6 Washer
4	2	40mm x 50mm Inner Cap	26	1	Curl Post
5	1	Right Backrest Frame	27	1	Curl Pad
6	1	Backrest	28	2	Bushing
7	2	Upright Base	29	4	60mm Square Inner Cap
8	1	Front Leg	30	2	M10 x 65mm Adjustment Knob
9	2	M10 x 52mm Carriage Bolt	31	2	60mm x 50mm Bushing
10	1	M10 x 75mm Bolt	32	1	Adjustment Pin
11	1	Seat	33	2	M10 x 60mm Adjustment Knob
12	4	25.4mm Square Inner Cap	34	4	M4 x 8mm Screw
13	1	Right Barbell Hook	35	16	M10 x 80mm Bolt
14	1	Support Plate	36	2	25mm x 50mm Inner Cap
15	6	M6 x 16mm Screw	37	2	Stabiliser
16	4	M6 x 38mm Screw	38	1	Front Leg Stabiliser
17	1	M10 x 175mm Bolt	39	1	Ring Pin
18	2	M10 x 70mm Bolt	40	1	50mm Square Inner Cap
19	22	M10 Nylon Locknut	41	1	Left Backrest Frame
20	8	Joint Plate	#	1	User's Manual
21	1	Left Barbell Hook	#	1	Exercise Guide
22	2	M8 Nylon Locknut	#	1	Grease Pack

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. WEEVBE2295.0

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